

DINNERLY



Cheesy Spinach Muffins with Parmesan and Cheddar



45 minutes



2 Servings

'Cheat's buttermilk' is a magical ingredient that gives a delicious tang and soft texture to these moreish muffins. The classic flavour combo of spinach and cheese will satisfy hungry little tummies.

WHAT WE SEND

- 100g Greek-style yoghurt ⁷
- 1 onion
- dill
- 50g cheddar ⁷
- 50g parmesan ⁷
- 50g baby spinach leaves
- 150g plain flour ¹
- 10g baking powder ¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- milk ⁷
- 2 tsp white vinegar
- 2 tbs olive oil
- 20g butter ⁷
- 1 egg ³

TOOLS

- 12-hole muffin pan
- box grater
- fine grater
- medium frypan
- small saucepan
- sieve
- wire rack

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 175kcal, Fat 10.5g, Carbs 13.9g, Proteins 6.5g



1. Make cheat's buttermilk

Put the **yoghurt**, **1½ tbs milk** and **2 tsp white vinegar** in a bowl and stir to combine.



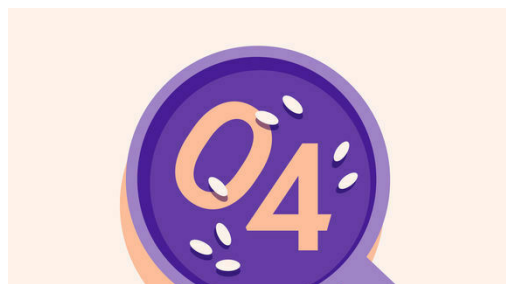
2. Prep ingredients

Preheat the oven to 180C. Grease and flour 9 holes of a 12-hole muffin pan. Finely chop the **onion**. Finely chop **half the dill***. Coarsely grate the **cheddar**. Finely grate the **parmesan**.



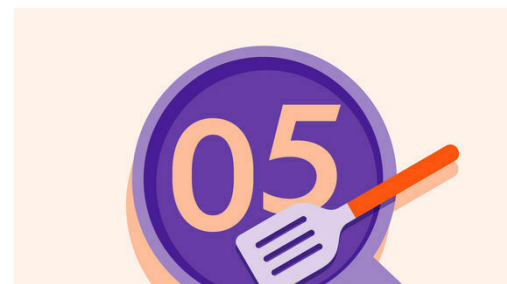
3. Cook onion and spinach

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **onion**, stirring, for 5 mins or until softened. Stir in the **spinach** (see Make it yours) and cook for 1 min or until wilted. Season with **pepper**. Remove the pan from the heat and set aside. Meanwhile, melt **20g butter** in a small saucepan over medium heat. Remove from the heat and set aside to cool slightly.



4. Make batter

Whisk **1 egg** in a large bowl. Add the **buttermilk**, **melted butter** and **1½ tbs olive oil** and whisk to combine. Sift **150g (1 cup) flour**, **2 tsp baking powder** and **¼ tsp salt** into a separate large bowl. Stir in the **buttermilk mixture**. Add the **spinach mixture**, **dill** and **cheese** and stir until just combined (the mixture should be lumpy).



5. Bake muffins

Divide the **batter** evenly among the prepared muffin holes. Bake for 20 mins or until golden and a skewer inserted into the centre comes out clean. Cool the **muffins** in the pan for 5 mins, then transfer to a wire rack. Enjoy warm or at room temperature. **Makes 9 (1 per serve)**.



6. Make it yours

Trying to hide greens from the kids? Finely chop the spinach before adding it to the onion in Step 3 – they'll never know it's there.